

# 2022

Registration  
Fee: \$16

Registration:  
March 8-  
April 15

2022 T-Shirt  
Included



May 2-19

**Coordinated by:**

**Henderson County Parks and Recreation**  
**708 South Grove Street**  
**Hendersonville, NC 28792**  
**(828) 697-4884**  
**[hendersoncountync.gov/recreation](http://hendersoncountync.gov/recreation)**

**Sanctioned by North Carolina Senior Games**



# Registration & General Information

## GENERAL INFO

Four Season Senior Games/Silver Arts is organized by Henderson County Parks and Recreation and is sanctioned through NC Senior Games. Participants across the State of NC enjoy participating in Local Senior Games. Those that qualify at their local games are invited to attend State Finals in the fall. Every two years, State Finals winners can qualify to represent North Carolina at the National Senior Games.

## ELIGIBILITY

To be eligible to participate you must be 50 years of age or better **on or before December 31, 2022** and be a resident of NC for 3 consecutive months.

## AGE CATEGORIES

Your age category is determined by your age on December 31, 2021. Men & women compete in separate categories in the following five-year age increments: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+. In doubles competition, partners compete in the age category of the younger partner. In team sports, the age category is determined by the age of the youngest player.

## REGISTRATION AND PARTICIPANT PROCESS

- **HCPRD must receive your online registration between March 8- April 15.** Each individual, including doubles partners & all group/team members, must submit completed registration with total payment to HCPRD by April 15. Online registration is available at <https://torch.ncseniorgames.org> or [hendersoncountync.gov/recreation](https://hendersoncountync.gov/recreation).
- **Entry Fee: \$16.** The Entry Fee includes a 2022 Four Seasons Senior Games t-shirt, unlimited events and open ceremonies breakfast. The Entry Fee also helps to offset general organizational costs and medals.
- T-shirts will be given out at the Opening Ceremonies Breakfast and will be available for pickup at each event.
- **INCLEMENT WEATHER-** Call Henderson County Parks & Recreation at 697-4884.
- **BEFORE YOUR EVENT-** Check in with your event manager 15 minutes beforehand at the site listed on the schedule of events. Have plenty of water with you and don't forget to stretch!
- **AFTER YOUR EVENT-**First, second and third place medals will be awarded on-site after the event. Staff will mail out State Finals qualifying letters for those who qualify to advance to the State Finals in Raleigh. You are responsible for obtaining, completing and submitting State registration forms to North Carolina Senior Games. Entry deadline for State Finals is August 1st. Please visit [ncseniorgames.org](https://ncseniorgames.org) for more information.
- **RULES BOOK-**Sports rules book can be found at <https://www.ncseniorgames.org/sports>.

# 2022 FSSG Sports

## Opening Ceremonies Breakfast

**MAY 2 at 8:30am – Jackson Park Shelter 1**

- Participants will receive breakfast and their official t-shirt
- Be sure to register for the breakfast when you register for events

## Fun Walk

**MAY 2 at 9:30am – Jackson Park Shelter 1**

## Basketball Shooting

**MAY 3 at 10am – Athletic & Activity Center Gym**

## 3 on 3 Basketball

**May 3 at 11am – Athletic & Activity Center Gym**

## Table Tennis

**May 3 at 1pm – Athletic & Activity Center Gym**

## Cornhole

**MAY 4 at 4pm – Southern Appalachian Brewery**

## SilverArts Showcase

**MAY 5 at 5pm – Athletic & Activity Center Gym**

- Senior Games participants are encouraged to come enjoy the evening in support of the SilverArts Showcase on May 5 at 5PM. The SilverArts Showcase gives you the opportunity to view the creative works of local seniors.
- Be sure to add the SilverArts showcase when you register for events. Light refreshments will be served.

## 5K or 10K Run

**MAY 9 at 9am – Oklawaha Trail**

- Meet at the entrance of the Oklawaha Trail (Next to the Dog Park off of 7th Avenue)

## Tennis

**MAY 9 at 11am – Jackson Park**

## Horse Shoes

**MAY 9 at 1pm – Jackson Park**

## Shuffleboard

**MAY 10 at 9am – Toms Park**

## Bowling

**May 10 – Tarheel Lanes**

- Singles at 1pm
- Doubles at 3pm
- An additional charge will be required to be paid to Tarheel Lanes the day of event. \$12

## Pickleball

**May 11 at 9am – Athletics & Activity Center Gym**

- Singles & Mixed Doubles
- Detailed schedule will be provided to participants one week prior to event day.

**May 12 at 9am – Athletics & Activity Center Gym**

- Doubles
- Detailed schedule will be provided to participants one week prior to event day.

## Billiards

**MAY 13 at 11:30am – Fat Cats**

## Track & Field

**May 14 – East Henderson High School Track**

- 7:30am – 1500m Run
- 8am – Shot Put
- 8am – Discus
- 9am – 800M Run
- 9:15am – Football Throw
- 9:30am – 50m Dash
- 9:45am – 100m Dash
- 10am – Softball Throw
- 10:30am – 200m Dash
- 10:45am – Standing Long Jump
- 10:45am – Running Long Jump
- 11:15am – 400m Dash
- 11:30am – 1500m & 5K Race Walk & Power Walk

## Swim

**MAY 15 at 12pm – YMCA**

## Golf

**MAY 16 at 11am – Crooked Creek Golf Course**

- An additional charge will be required to be paid to Tarheel Lanes the day of event. \$25

## Bocce

**MAY 19 9am – Tryon Estates**

## End Of Games Medal Bash

**MAY 19 at 4:30pm – Elks Club Hendersonville**

- We encouraged everyone to wear their medals, socialize and share experiences with fellow participants. Light refreshments will be available.
- Be sure to register for the End of Games Medal Bash when you register for events

## Cycling

**1 MILE, 5K, 10K**

**April 13 at 6pm – Marshall**

- This event will be held in conjunction with Asheville/Buncombe Senior Games
- Directions: Take "Future I-26" W and exit at 19A towards Marshall and Hot Springs. Merge on to Hwy 25/70 and drive 6.8 miles. Exit left on to Bus 25/70 to Marshall (it is signposted). The start is at the bottom of the hill, at the junction with Riverside Drive. Address is 3684 70 US-25, Marshall, NC

## Softball

**Organized by Henderson County Senior Softball League**

# 2022 FSSG Silver Arts



Are you 50+ years and interested in sharing your creative works and talents with your community? We are looking for Seniors who are willing to enter their Literary, Heritage, Visual and Performing Arts in this year's SilverArts event!

- Literary Entry drop-off & Performing Arts Music drop-off: AAC front desk by 5pm on Wednesday 4/27
- Visual & Heritage Art drop-off: AAC gym, Wednesday, May 4th, 3:00–5:00 pm
- Judging: Thursday, May 5th 9:00 am–12:00 pm
- Dinner/Public Art Viewing/Performing Arts Segment/ Awards Presentation: Thursday, May 5th 5:00 pm
- Art pick-up (with ticket): Wednesday, May 5th: following the
- presentation of awards

## SILVERARTS CATAGORIES

### Literary Arts

Essays... Short Stories... Life Experiences... Poems

### Heritage Arts

Basket Weaving... Crocheting... Jewelry... Knitting... Needlework... Quilting (hand-stitched)... Quilting (machine-stitched)... Stained Glass... Tole/Decorative Painting... Pottery-Thrown & Hand Built...

Weaving... Woodcarving... Woodturning... Woodworking

### Visual Arts

Acrylics... Drawing... Mixed Media... Oil... Pastels... Photography (Digital)... Photography (Film)... Sculpture... Watercolor

### Performing Arts

Comedy/Drama... Dance... Instrumental... Vocal... Line Dance

## SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

See *SilverArts* Guidelines for general requirements.

### A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Entries from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5' (Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

### B. Visual Arts

- All artwork, except sculpture, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Photography Film or Digital - determined by the medium on which the image is recorded.
- Freestanding entries must be able to be displayed in an area 3' (W) x 3' (L) x 5' (height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with *State Finals Entry Form* and *SilverArts Information Form*. Photos cannot be returned.
- The visual arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

**C. Literary Arts**

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial").
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

**D. Performing Arts**

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the final note of music or movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will not be counted to determine size of act, but no one under age 50 as of Dec. 31<sup>st</sup> will be permitted on stage and an accompanist *must* be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, it must be an mp3 file (submitted electronically or on a flash drive) or a high-quality CD. Music must be sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the CD/flash drive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a *live* performance by the artist. Background music can be recorded. Lip-synch is not permitted in any vocal category.
- The Group Leader, who must be a participant, must complete the *SilverArts Information Form* for the group and submit it with their *State Finals Entry Form* and each member of the group must submit their own personal *State Finals Entry Form* by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals